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Lounging and Sleeping Clothes: Extension Circular 4-18-2

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Lounging and Sleeping Clothes

Prepared for 4-H Clothing Girls

Cooperative Extension Work in Agriculture and Home Economics
University of Nebraska College of Agriculture, and the United States Department of Agriculture Cooperating, H.S. Gould Associate Director, Lincoln.
POLLY, MOLLY, AND SUE MAKE THEIR SLEEPING or LOUNGING OUTFITS

These busy 4-H girls want all their clothes "just right" so they plan night clothes and lounging clothes which are comfortable, attractive and easy to care for. To make their outfits complete they make at least two useful, attractive accessories. What interest they will take when making these clothes! They are so different and such fun to make.

"These outfits will be just the thing for club camp," said Polly. "Yes, and for vacations and staying overnight," added Molly. "I want mine to wear to the club congress," piped up Sue. "You think you will be a winner!" shouted the pals teasingly. "All 4-H girls are winners when they do their best," replied Sue. "I like to dream about it, that may help you know," added quiet little Sue.

Requirements

I. Make a Sleeping or Lounging Outfit selected from the list below.
   1. A night gown, a pair of pajamas, or breezies (short pajamas).
   2. A house coat, a dressing robe, or a brunch coat.

II. Make two accessories to complete your outfit selected from the following list:
   1. Make-up cape
   2. Curl cap
   3. Bed socks
   4. House slippers
   5. Scuffs
   6. Covered hanger with pockets
   7. Handkerchief case
   8. Frogs
   9. Other accessories to wear with your outfit

III. Care for Clothing

Learn to launder: Sweater; Hose; Corduroy garment.
IV. Keep Score

Keep your records in your Record Book

Judge your work

Give a demonstration at club meeting

Exhibit your outfit

MAKING A SLEEPING or LOUNGING OUTFIT

"I've always wanted a pretty lounging coat," said Polly. "I'm going to make pajamas, because I really need them," commented Sue. "Let's read what our club book says about styles and fabrics because I want mine to be right," said Molly. So Molly read aloud from her club book.

Choosing Your Outfit. Sleeping garments like nighties, pajamas, breezies, are worn to protect the body from heat and cold. House coats and dressing gowns are worn over night clothes before retiring, or when lounging or dressing at home or camp, or when traveling. Brunch coats and lounging pajamas are worn at home for lounging or for informal entertaining of girl friends. With these garments you may wish to make bed socks to snuggle into when you sleep, or a curl cap to keep your curls in place, or other accessories which go with the garment to make it a complete outfit. You will find suggestions for these accessories later on in this circular.

Styles That Are Right for You. Shop for your patterns carefully. Select styles that are easy to make, such as simple one or two-piece patterns with simple lines, few pieces, easy to cut, easy to sew, and no frills or complicated trimmings. Many girls like their pajamas with short trouser legs, called breezies. Girls also like knee-length nightgowns, known as Tommy Coats. They are cooler for summer. Brunch coats and other short garments are smart, comfortable and require less material. Then be sure to choose the accessories that go with the garment you choose, in order to make a nice outfit.

Look in the pattern books at the stores for suggestions. Take your measurements carefully; then buy a pattern that is correct in size for you. The pattern envelope will tell you how much fabric you will need, also other supplies you will need. Be sure that you check the width of the fabric so that you will get the exact amount.

Choosing the Fabric. Plan the colors and the materials that go together. Be sure they are becoming to you. Colors worn for lounging or sleeping clothes may be stronger and brighter than those worn for other occasions. If you like strong, bright colors this is a good place to wear them. Both garment and accessories may be of the same fabric or they may contrast. Usually two print materials do not look well together unless they are "companions". It is better to make your gown or your pajamas of a plain material and your robe of a print. Or try it the other way around.

A few of the cotton fabrics to ask for at the store are muslin, percale, crepe, seersucker, batiste, dimity, chintz, or outing flannel for cold weather. Many girls make very attractive pajamas, gowns and house coats from feed sacks. Terry cloth, which is a material that looks like a bath towel, or quilted cottons make practical robes. Other materials to consider for your robe, gown or pajamas are rayon or silk crepe in a firm weave, or wool or cotton fabric. Look on the label of cottons to
make sure that the material will not shrink, that it is washable, and that it is color fast. Find any other information you can about the fabric you choose.

If you are going to be a wise shopper you must learn all you can about today's fabrics. There are so many new materials and new finishes on the old ones, it keeps us on our toes to know what is happening. It is very important that we know what to expect of the fabrics we buy and how to take care of them before we spend our money. Ask the clerks and read the labels to find out all you can about them. Don't be in a hurry to buy. Be sure you know what you are buying.

FABRICS WORTH BUYING

"I'm going to make a collection of labels," said Polly. "Isn't it fun to buy things when you know what to look for?" exclaimed Molly. "I'd like to know more about the kinds of cloth", said Sue. "Oh! look, our club books tells all about them," said Polly excitedly. "I'll read what it says", so Polly read from her 4-H book.

Cotton material usually costs less and takes more rough treatment than any of the other fabrics. It is usually an easy material to handle. So choose a good firm cotton for your first outfit.

A Few Facts About Cotton. Cotton is grown in the southern part of the United States. It also comes from other countries, but we grow and manufacture a great deal more than any other country.

Cotton grows around the seeds of the cotton plant. The seeds are found inside a boll. They are covered with the fluffy fibers. The brown, dry boll bursts open when the cotton is ripe. The picture shows cotton when it is ready to pick. The mass of seeds and cotton is picked from the plant bolls. Picking is often done by hand, but machines are fast replacing the slow, tiresome hand picking. The fine white cotton threads are called fibers. They are usually an inch or less in length. Some are as long as two inches. Before Eli Whitney invented a machine called the cotton gin, which pulled the fibers from the seeds, this was done by hand also. The short cotton fibers must be cleaned and combined into a long, smooth yarn. This is called spinning. Then the yarns are made into cloth by weaving or by knitting. There are several kinds of weaves and knits we shall learn about later.

Can you explain fiber, yarn, cloth, gin, spinning, weaving and knitting?

In Let's Sew you learned a few facts about cloth. A good cotton fabric is firm, smooth and regular in weave. The threads running along the length and width of the material should be about the same size and distance apart. The finished edge on both sides that looks like a tape is called the selvage or "self edge". It always runs lengthwise of the material.

There are many good cotton materials from which to choose your house coat, pajamas or breezies. Go to the store and learn their names and remember what they look like. Ask to see gingham, prints, woven seersucker, pique, broadcloth, muslin, nainsook, and percale. Look for others also. Keep samples in your notebook. Put down the name, price, width and anything else you can find out about them. It will be
easier when you make your first garment if you sew on material of medium weight. You can sew on thin materials when you have had more experience. It would also be easier to select a print rather than a plaid or stripe as they require especial care in handling.

Ask the clerk to tear the material or be sure it is cut on the "straight", or "grain". If the label does not tell you that the material will not shrink, buy two or three extra inches per yard. Then shrink it yourself before you cut it, as you learned to do in "Work and Play Clothes". See if the material ravelers easily on the cut edge. If a starchy substance is loosed, and the material seems limp and thin, it is a poor quality. If it wrinkles easily you will have to press too often. Some materials are treated so they keep a fresh look. They are worth the extra money. However, it isn't always the most expensive material that is the best. Learn to be a good judge of fabrics by reading the labels and by learning facts about them.

Linen comes from the flax plant. You do not find the fibers attached to seeds as you did the short cotton fibers. Flax fibers are found on the inside of the flax stalk. They are as long as the plant grows tall. The outer bark must be removed from the fibers by several steps, which you might like to read about at the library. Linen material is very practical and lovely. It is also more expensive than cotton. Most of our linen comes from Europe.

Wool is sheared from the bodies of many different kinds of sheep and goats. Some wools are very soft and fine. Others are coarse and wiry. Compare the feel of a soft baby sweater and the wool rug on your floor. Garments made of wool will shrink unless they are washed carefully. Usually it is better to have wool "dry cleaned" unless the material has been treated at the factory so it will not shrink. This is a finish that is new on the market, but very practical. The label will tell you if it is used. Often wool is combined with other fibers such as cotton, silk or rayon. Be sure you know what the label says. There are two terms you should look for -- "woolen" and "worsted" materials. Woolens are fuzzy, napped fabrics such as flannel and coatings. Worsted have a smoother finish such as serge or gabardine. Usually worsteds wear longer than woolens. We produce a great deal of wool of all kinds in America.

Silk is a substance that comes from the glands in the head of the silkworm. This substance hardens into a firm fiber when it strikes air. The long silk fiber is wrapped around and around a cocoon. One of the problems of making silk fabrics is to unwind the fiber from the cocoon. Silk makes a beautiful fabric, but it is expensive. Most of our silk comes from China and Japan.

Rayon is a fiber made by man. Rayon is made from wood pulp or the short fuzz that remains on the cotton seed, when the longer cotton fibers have been removed. It is made similar to the way the silkworm makes silk. The liquid rayon is forced through the tubes with tiny openings similar to the gland openings of the silkworm. It hardens also into a long, firm fiber and looks like silk. Some rayon fabrics are weak when wet and must be laundered carefully. Rayon is not as expensive as silk. It has many uses. Most of the world's supply of rayon is made in America.
Nylon is another man-made material. It is made from coal, air, and water. It is stronger than the other fibers, dries very quickly and needs little ironing. It looks very much like silk. Most girls prefer nylon for hosiery because it wears better and costs less than silk.

Wouldn't you enjoy reading more about these and other interesting fabrics and make a report at your next meeting? You often find such information in the magazines. Your school library would have some books or magazines that would tell you about them.

**MAKING YOUR SLEEPING or LOUNGING OUTFIT**

"I found the nicest pattern for my house coat," said Sue. "I have all my sewing tools assembled and ready to go," piped up Polly. "What does our book say about making Lounging and Sleeping outfits?" inquired Molly. "I'll read the instructions given in our 4-H book", said Sue. So Sue read from her book.

**Know Your Pattern and Your Tools.** Be sure you are familiar with the things you learned about patterns, taking measurements, altering your pattern to fit you, cutting out your material, and fitting your garment. You also learned many finishes which you may need in making your Sleeping or Lounging outfit. You will find these points in Circular 4-17-2. It might be well to review them.

Assemble your tools and check them to be sure they will do good work for you. Review "Know Your Tools" circular 4-17-2.

A new tool you are to learn to use is the "cording foot". Be sure you learn how to use a cording foot. Directions for using it are given later on in this circular.

**Finishes for Your Outfit.** When you make your pajamas, nightie, house coat or dressing gown, you will be working with different kinds of materials than you used for work or play clothes. So you will need to learn some new finishes. Below are some finishes you will want to learn to make.

**The French Seam.** This seam is a seam within a seam. Use it on thin fabrics that are laundered often. This is a good seam finish for your nightie or breezies made of material such as batiste. It is not suitable for the heavier materials.

To make a French seam, pin and baste a plain seam 3/8" from the raw edges on the right side of the material. Stitch, then trim off 1/8" from the stitching as at A. Press both edges in the same direction. Crease seam flat to stitching on the wrong side. Baste through two thicknesses of material as B. Make the second stitching about 1/4" or the width best for your garment and material. Use narrower seams for finer fabrics.

**Setting in a Sleeve.** Sew up seams in blouse and sleeve, and press. In all set-in sleeves the "cap" is about 1 to 2 inches larger than the armhole, so it will fit over the curve of your shoulder without pulling. This fullness is to be eased in or it may be gathered.

First, mark the crosswise and lengthwise grain of both sleeves with a colored basting thread.
Reverse sleeves so there is one for each armhole. Check the armhole for good shape. "Staystitch" armhole by machine stitching 1/16" outside the seam allowance to prevent it stretching.

Turn garment to the wrong side and the sleeve to the right side. Match the notches, the underarm seams and the top-center of the sleeve with the shoulder seam. Pin as in a. Ease the bias part of the cap-sleeve fullness to fit armhole. The top one or two inches of the sleeve cap is on the straight of the material and will not ease in. Hold the sleeve edge toward you as you pin, baste and stitch. Place pins from 1/2 to one inch apart as shown in a.

Baste on seam allowance line as in b, with small, even stitches. Try on to check the fit of sleeve. If you use shoulder pads, pin them in place before fitting. Be sure the crosswise grainline is parallel with the floor. The lengthwise thread or "grain" falls perpendicular to the floor at the center of the sleeve when viewed from the side. These are tests of a well-set sleeve. Machine stitch just inside the bastings. Begin at underarm seam and finish by lapping the stitch one inch for strength.

For a sleeve that receives much strain, stitch again 1/8" outside the first row of stitching. Finish armhole edges by overcasting or pinking.

In some materials such as firm woolens, it is necessary to ease in fullness in a special way. Put two rows of gathers or lengthened machine stitches over the sleeve cap between notches. Place first row of stitching just outside the seam allowance line and the second row 1/8" outside the first row. Pull up these threads so sleeve will fit the armhole. You can shrink the fullness of a plain sleeve smooth over a pressing pad before you sew the sleeve into the armhole. Use a steam iron or a dampened cloth with a shaped cushion. Pin and baste. Try on to check. Stitch just inside bastings, with sleeve side up.

Making a Collar. Press the two collar pieces together with right sides facing as in a. Pin and baste around outer edges, outside seam line as in b. Stitch on seam line as in c. If material stretches easily, baste and stitch collar pieces to tissue or newspaper. Tear away paper, remove basting, trim seam to 1/4" as in d. Press again. If collar has square corners, clip corners before turning, as you learned to do in Work and Play Clothes, page 16. Turn to right side and crease seam edge along stitching with fingernail. Press with seam rolled slightly to under side of collar. Baste around outer edge before pressing and baste raw edges of neckline together as in e.
PUTTING ON A COLLAR

Center Front

Turn under the facing edges 1/2" and edge-stitch 1/8" from fold. Match center backs of collar and blouse with raw edges even. The underside of collar lies against right side of garment. Match notches. Usually collar fronts come to blouse center fronts. Pin and baste as in a. Fold front facings back on neckline as in b. Cut bias strip 1 1/2" wide and long enough to lap over facing two inches at either end. Pin, baste and stitch in place as in c. Trim edges to 1/4", clip corners at A. Make slashes to stitching every inch across back of neck so collar will lie flat. Turn facings to inside, baste flat to blouse (close to the collar). Turn under bias edge to measure 1/2" as in d. Baste and fasten bias and shoulder edge of facing to blouse with hemming stitches.

Making a Notched Collar.

Pin and baste the top side of the collar to the blouse facings. Pin and baste the underside of collar to right side of blouse. Stitch seams and remove bastings as in a. Slash facing and blouse to stitching along collar edge at point A. Press seams open.

Pin, baste and stitch right sides of both sections together around the collar, facings and notches as in b. Stitch twice at inner corners of notch at B, with one row directly over the other, to make stronger. Avoid stitching over collar seam allowance. Remove bastings, trim corners and seams.

Turn collar and facings to right side and baste around edges. Hem collar to back of neckline of garment as in c. Be sure collar rolls and that seam is slipped slightly to the underside of the collar before hemming. Remove basting and press.

Making a Continuous Bound Placket. Try this easy way to make a placket for a sleeve or neck opening. Cut a bias strip one inch wide for a narrow binding. If you desire an underlap for a wider opening, cut the strip 2 1/2 inches wide and twice the length of the opening.

Pin right side of strip to right side of garment. One inch from the end of the placket opening slip edge of garment back from edge of binding so seam on the garment tapers almost to a point. See a. Baste in place, stitch. Be sure there are no pleats or puckers but that you catch enough to hold. Remove bastings, trim seam and press edges toward placket piece. Turn under raw edge as in b. Pin, baste and hand hem to machine stitching. Press with top side folded under.
For a placket opening in your pajamas you might like to try this method. Cut strip about 2 1/2" wide and with one edge on the selvage. Cut twice as long as placket opening. Slash seam allowance at lower part of openings as in a. Sew cut edge of strip to edges of openings, on seam allowance line, with right sides together as in b. Press edges toward placket piece. Hem selvage edge of strip to machine stitching as in c. Bring two folds together at bottom as in A. Stitch diagonally to close the placket. If upper edge is finished with a belt, fasten with buttons and button holes, as in d. Make buttonhole through placket lap only.

Hems. If you make your house coat of wool or heavy material or of material that ravel, use ribbon tape for finishing the hem. If you have used firm material which does not ravel, use the catch stitch hem. You learned how to catch stitch when you made your pin cushion in the Learning to Sew project. Also review "Hems" in Work and Play Clothes circular 4-17-2.

MAKE TWO ACCESSORIES TO COMPLETE YOUR OUTFIT

"Wouldn't it be fun to have things that go with my house coat, like scuffs, or a cap to wear over my curls at night?" remarked Polly. "That's what makes it a complete outfit," said Molly. "I saw a picture of a curl cap and bed socks when I looked in the back of my club book," piped up Sue. "Oh let's read all about them!" shouted the other two pals. So the 4-H pals read the following:

Make-Up Cape

Material. To make this good-grooming cape, (a) you will need 2/3 yard (straightened) fabric, 1 1/2 yards bias seam binding, and a spool of matching thread. Gingham, muslin, glazed chintz, or one of the plastic materials will make a suitable cape.

How to Cut. Fold straightened material as in figure b. Be very exact with the measurements. Pin folded material carefully so that it won't slip. Mark and cut a 12 inch outer circle. To do this, tie a string around a piece of chalk or pencil. Hold a length of string 12 inches from chalk or pencil and place finger on fold of fabric at A. Swing chalk or pencil to make a 12" circle as you would if using a compass. Make a smaller circle, 2 1/4" for neck opening.

Before removing pins, cut along the fold of one circle length. This is for the center front opening. Place two corner pieces (c) along the bottom front edges. Match the grain of the material. Measure on both straight edges six inches and mark with a pin. Make a straight line to connect these points on the diagonal top edge. Curve the bottom of the front edges. These pieces will make handy pockets to hold hair pins or bobby pins.
How to Make. Bind the top edge of each pocket with bias tape. Be sure one is the reverse of the other. Do you remember how you bound your apron in Learning to Sew? Use the method with two machine stitchings. Press the pocket pieces and the cape. Open cape right side up on table. Place pockets in place at bottom of center front opening, matching the grain of the material. Pin and baste around raw edges so pockets lie smooth against cape. Stitch 1/8" from edge.

If material stretches easily, place entire circle flat on one thickness of tissue paper. Then pin, baste and stitch 1/8" from raw edges. Tear paper away from stitching. This makes a good stay-stitch to prevent stretching the curved edge. It would be a good idea to stay-stitch around the entire inner and outer circles.

Bind raw edges of the fronts and outer circle, beginning at one top front edge and ending in same place on opposite side. To bind neckline, measure 12" of seam binding and mark with a pin. Leave this end free for tie piece. Begin basting tape at this point around neckline circle. When you reach opposite end of neckline leave 12" free for second tie piece. Stitch neckline space only. Turn in ends of bias tape, fold bias, and stitch entire tape in place - from first tie end, along neckline to end of second tie. Fasten thread ends by threading them into a needle and slipping them into fold of tape.

Make a Curl Cap

A curl cap helps to keep your hair neat and tidy. Wouldn't you like to keep your curls in place?

Material. Any material that is firm and thin enough to let the air through to dry your hair will be suitable. Batiste, dimity, lawn, net, or light weight muslin or any light weight material might be suitable. You will need:

(a) two pieces about 28" x 7"  
(b) one piece 14" x 5"  
(c) three yards of bias tape  
(d) a spool of matching thread

Pattern. Isn't it fun to make your own patterns? Enlarge the diagram on paper so that each square is one inch. Draw the lines like those in the sketch. Check size to fit your head and make changes if necessary. Add 1/2" seams except along straight front edges of side sections. Cut with arrow on "grain" of material.
How to Make. Match notches in setting top section between curved side sections. Keep fronts in straight line. Pointed end of top section comes to notch at back of curved side section. Pin and baste 1/2" from raw edges for felled seams to join pieces. Try on for fit. Stitch and finish seams. Fold a four inch length of bias tape through center and stitch edges flat. Fasten both ends of stitched bias to back where point ends to form a loop as shown in the figure. Bind raw edges of tie. Begin basting binding at center back, around tie ends, front, and back to center back. Do you remember how you joined the ends of the bias and sewed it on your kitchen apron, Learning to Sew, page 28? Perhaps you would like to look it up if you have forgotten.

To wear the curl cap, bring both tie ends from opposite sides through the loop of bias tape. Tie snugly, in a square knot, over the forehead.

Make Scuffs or House Slippers

Patterns for scuffs or soft house slippers are easy to find. Look in pattern books in stores and in magazines. Perhaps you would like to try making your own pattern for these easy ones.

Materials. You would need about 1/3 yard of material for the cover. A small heavy bath towel, felt, or scraps of coating, carpet or drapery would be a good selection. Firm, cotton materials such as sateen or glazed chintz are also good choices. You will also need 1/8 yard of denim or canvas for the soles and the same amount of a quilted baby pad for sole padding or one pair of cork insoles that fit a man's shoes. You will also need a spool of matching heavy-duty sewing thread. Then you are ready to go to work.

Pattern. The pattern shown is a guide for making patterns your actual size. Each small square represents one inch. To make the pattern, use heavy paper and draw the number of one inch squares shown. Draw lines like those in the pattern. Check the size of both patterns with your own foot and make changes so you have a good length and width. You can shape the toe piece to suit the shape of your foot.

How to Make. Pin pattern to the fabric. Allow 1/4" seam allowance on all sides of pattern. Cut four toe pieces (two for outside and two for lining). Cut two pieces of sole (one for left foot and one for right foot) - two pieces from baby pad or from cork insole for the padding - two pieces from canvas or denim for bottoms. Cut about 2 1/2 yards bias, two inches wide, from the cover material. Baste layers of cover, padding and bottom sole pieces together. Use long basting stitches in rows one inch apart. Quilt plain material on sewing machine or by hand for trimming. See quilting.
below. Baste toe pieces together in the same way. Quilt or add a trimming such as an appliqued design. Bind open toe and top edges by stitching the bias strip against right side, 1/4" from edges. See sketch A. Finish on wrong side with hemming stitch. Review page 28 in "Learning to Sew".

How to Make Quilting

For plain quilting, diamonds, squares and scrolls are favorite patterns. Patterns for quilting are to be found in the art needlework catalogues and can be transferred or may be drawn with pencil, to the material used for the backing. Usually sheet cotton is used between two layers of fabric or between fabric and lining. The flannelette, sheet cotton or self material with the pattern stamped or marked on, is basted to the wrong side of the section to be quilted. The rows of quilting should be farther apart in heavy fabrics than for light weight fabrics. Quilting may be done by hand or by machine. The stitching by hand may be either a running stitch, a back stitch or a chain stitch. Whichever stitch is used, the best method is to make each stitch in two different movements, downward through all thicknesses and then upward from the underside. Machine quilting can be done by following the marked line or by using the quilting attachment of the machine.

To Finish Edges. Pin side edges of toe piece to sole. Overcast edges together, using double thread. Bind outside edges of scuff sole with the bias strip as in A. Be sure you join bias strips on straight of material. If you know how to crochet or to make the blanket stitch you can finish the edges with yarn instead of binding them. Look for interesting trimming for your house slippers. Your initials in outline stitch would be attractive and individual.

Make a Pair of Bed Socks

Why not make a pair of cozy bed socks to keep your feet warm on those cold winter nights?

Material. Use scraps from your outing pajamas or from your warm dressing robe. The good part of a worn blanket is fine too. Any soft, warm fabric such as outing flannel, quilted cotton, or soft woolen fabrics are suitable. You may also crochet bed socks.

Pattern. Draw an outline of your foot on paper for the sole measurement. Fold through center lengthwise and cut another pattern with both sides alike. Add 1/2" seam allowance on all sides. Cut a paper pattern for the upper like the one in the figure. Use your own measurements. Check side bottom to see that it fits the sole piece. If you want your bed socks to come up above the ankles as at A in the first figure, make the height at the side and the front longer in the space marked with dotted lines, in the first part of figure A. You would need a zipper for the front, the length of the opening, unless you prefer a binding. Try the pattern for fit. Allow for seams when you cut your material. If you are using light-weight materials, cut two thicknesses of each piece.
How to Make. Cut opening along the fold of the instep of upper piece the length needed for the foot to go into the sock. Put in the zipper tape. If two thicknesses of material are used, place right sides together and sew a seam around the ankle. Make slashes 1/2" apart along curved edges of the stitching. Turn to right side, crease to stitching and baste. Turn under raw edges of inside piece at front to zipper and fasten with hemming stitches. Pin, baste and stitch plain or felled seams at the back. If plain seams are used for one thickness of heavy material use the catch stitch to fasten the raw edges flat to the inside of the sock.

If you prefer, you may bind the edges of the front opening. Then finish the seams at the back. Bind the ankle and leave a length of binding at each end to fasten the socks when you put them on.

Pin, baste and stitch the top to the sole. Use a plain seam for heavy materials. If you have used two thicknesses of material, fit the outside layer of the top to both thicknesses of the sole, with seam on the inside. Fasten the inside thickness by hand to the stitching so both layers are smooth.

Make a Handkerchief Case

Learn to Use the Cording Foot

"It would be fun to make a case for my hankies", said Polly. "Oh yes, we learn how to use a new tool, our leader told me," remarked Molly. "I'll read what the 4-H book says," remarked Sue. So Sue read about making a handkerchief case and using the cording foot.

Most girls like a place to keep their pretty hankies. This handkerchief case may be used in a drawer. It is very handy for carrying hankies while traveling and also makes an excellent gift.

You will enjoy using the "cording foot" when you make the corded finish for the edges of the handkerchief case.

Materials Needed. 1/2 yard silk, satin, or other suitable fabric; or 1/4 yard for the cover and 1/4 yard contrasting fabric for the lining. Two pieces of cotton sheet wadding to be used for padding, each 23" x 9". 1 1/2 yards of 1/8" soft string or cable cord, and 1 spool of matching thread.

How to Cut. Cut a piece of straightened material 23" x 18". Divide the 18" length into two pieces. If you use a contrasting lining material, cut each piece 23" x 9". Cut two pieces of cotton sheet wadding this size also. Cut bias strips from lining scraps one inch wide. Piece enough strips on the straight of the material until you have about 48". 1/4" seams are allowed. Press seams open carefully.
How to Make. Place padding on wrong side of fabric to be used for the outside and baste with long stitches to prevent slipping. Mark off and quilt with one inch squares or diamonds. Make cording by folding bias strips lengthwise and inserting cord in fold of bias strips as in the figure. Baste close to cord. Trim bias edge 1/4" from line of basting.

Baste cording to right side of the quilted material with raw edges even. Begin basting exactly five inches from bottom end of 23" side as in the figure. Baste around top to five inches from bottom of other side, rounding corners slightly. Cut bias and cording ends even at both ends. Turn and baste cut ends out toward seam ends to conceal as at A. The space without cording in the seam will form the pocket.

Place lining strip of material on top of corded strip with right sides of two fabric pieces together. Pin and baste smoothly along both long sides, top end and around both corners of bottom end.

Using the Cording Foot. Ask your leader to show you a cording foot, or see if there is one among your sewing machine tools. It is a special presser foot with one "toe" instead of two. It permits you to stitch closer to a cord or zipper than with the regular foot. Practice so you can use the cording foot easily and well.

Use the cording foot to machine stitch where you basted. Trim padding close to stitching. Tie thread ends, remove bastings and turn case to right side through open end. Press, turn under raw edge of lining until it lies smoothly. Pin, baste and slip-stitch to machine stitching. slip-stitch in Circular 4-17-2, Work and Play Clothes.

Make the Pocket. Fold up the slip-stitched bottom edge to the lining five inches, or where the cording ends, to form a pocket. Slip-stitch the folds together along each side. Make several stitches at both top edges so pocket will not come loose. Fold lap over pocket and hankie case is finished.

You can make other cases in different sizes and shapes for underwear and shoes.

Hanger Cover with Pockets

A quilted Hanger Cover for your house coat or lounging robe with pockets for your curl cap, hair pins and hanky, is very convenient.

Materials Needed. Quilted cotton (see How To Make Quilting, page 11) 1/2 yard; ribbon one inch wide, 1/2 yard. Bias tape, double fold of contrasting color.
Directions for Cutting. One piece - 11" x 16"; two pieces - 5½" x 16".

How to Make. Bind one long edge of each 5½" x 16" piece with bias trim. Place one 5½" x 16" piece against 11" x 16" piece (right sides together), matching long sides and raw edges. To shape top, lay a coat hanger against long edge, draw a curve to correspond and cut. Baste pieces together. Baste other 5½" x 16" piece on 11" x 16" piece (right sides together) so that the bound edges meet. Stitch around outside edge, leaving a 1/4" opening at center top for hanger. Turn to right side. Divide bottom section into three sections and stitch along markings through both thicknesses. Buttonhole stitch around opening at top center. Insert hanger in case and finish with ribbon bow at top if desired.

Make a Frog for Your House Coat

Frogs can be made of either braid or covered cord or tubing twisted into loops which are tacked in place on the wrong side and slip-stitched to the garment. Sketches for one design are given. See A. You may make a Chinese button by weaving the cord into a firm button. See B. Covered cord may be used for loops, buttons, frogs and cording trimming. It is made from strips cut on the true bias. Cut the true bias strips six times the finished width. Join the pieces to make one continuous strip long enough to cover the length of cord. Pin one end of the bias piece firmly to the ironing board. Stretch the bias lengthwise while pressing it. See C. Trim joining seams and press all of them in the same direction. After stretching the continuous strip of bias, fold through the center lengthwise, wrong side out. Make a seam with two rows of stitching. Before stitching the seam, tack one end of the cord to one thickness of the bias strip. Then turn the bias strip by passing the unattached end of the cord through the strip to turn it right side out with the cord on the inside. See D. A bodkin or crewel needle attached to the cord with sewing thread makes turning easier.

STRETCHING BIAS TAPE

"Did you notice our 4-H book tells all about washing sweaters"? said Sue. "Yes, and socks too," exclaimed Polly. "4-H girls should always keep their own clothes trig and trim," said all three girls at once. So the three heads bent over the 4-H book and read just what to do to keep "Trig and Trim".

How to Wash Woolen Sweaters

Washing a sweater is a special laundry job. Wash only one sweater at a time for best success. Wash before badly soiled. Remember that wool has a quick temper and must be handled carefully.
Before Washing. Remove all unwashable trimmings and buttons. Also remove your rings, as they may cause snags. Repair all snags, worn places and breaks in thread. Draw an outline of sweater on plain paper or on a firm piece of cloth. This will be needed for blocking sweater after washing. Arrange for plenty of lukewarm water for washing and rinsing and a warm place for drying. Water is the right temperature when it feels comfortable to the elbow. Have a heavy bath towel ready for rolling the sweater to absorb the moisture. If there are two or more colors in the sweater have extra towels to place inside the sleeves and the body of the sweater to prevent one color bleeding into another.

Washing. Use mild soap to make thick suds. Never rub cake soap on the sweater. Have enough water to completely cover the sweater. Do not soak. Squeeze suds through the sweater using both hands. Never wring or twist as it may break the yarns. DO NOT RUB. Rubbing would cause the wool fibers to mat and harden. Soiled spots may need extra suds or soap flakes patted in gently with finger tips. Two or maybe three sudsings will be needed if the sweater is badly soiled. Wash as quickly as possible. Keep the hands under the sweater when lifting from water so that the weight of the water will not pull the sweater out of shape.

Rinsing. Be sure rinsing water is the same temperature as the suds. A change in temperature may cause the sweater to shrink. Rinse two or three times by squeezing clear water through the sweater. Squeeze out water, do not wring or twist. Roll sweater in bath towel to absorb moisture. Unroll and place flat on the paper outline made with the sweater before washing. Pat into shape and pin every inch to the outline. See illustration. A heavy pad of papers covered with a dry bath towel makes an excellent place for drying the sweater.

Blocking. After the sweater is completely dry, block it by pressing out pin marks and wrinkles with a damp cloth and warm iron. To raise and straighten the nap of brushed wool, brush with a clean brush. Pull any snags to the wrong side.

How to Wash Rayon Anklets and Stockings

Wash stockings or anklets before the first wearing and as soon as possible after each wearing. Wash carefully, remove your rings as they may cause snags. Rayon has less strength when wet or damp. It recovers when dry.

Don’t rub - squeeze the lukewarm soap suds through the stockings. Rinse well in lukewarm water. Do not twist or wring, but squeeze out water. Use a bath towel to absorb extra moisture. Hang on a smooth rod to dry, away from the heat and sunlight. Never use clothes pins.

Dry thoroughly. Do not wear rayon stockings until they are thoroughly dry. It may take more than one day for rayon to dry. Never try to hasten their drying by ironing them.

Washing Corduroy. Corduroy garments require special care in washing. Even dark colored garments should be washed before becoming too soiled. Brush well to remove loose dirt. Empty the pockets. Wash each garment separately not only because the color may run a little, but because lint clings to corduroy and is very difficult to get off after it has dried. Wash in lukewarm suds until clean. A second and maybe a third sudsing may be necessary. Rinse until water is clear. Use a bath towel to remove as much water as possible. Shake well. Dry in the shade. Hang garments in such a way that they are well spread out with no creases or folds. Corduroy needs a bit of crushing while it dries to bring up the velvety nap. When dry, a light smoothing over with an iron on the wrong side and a final brushing completes the job.